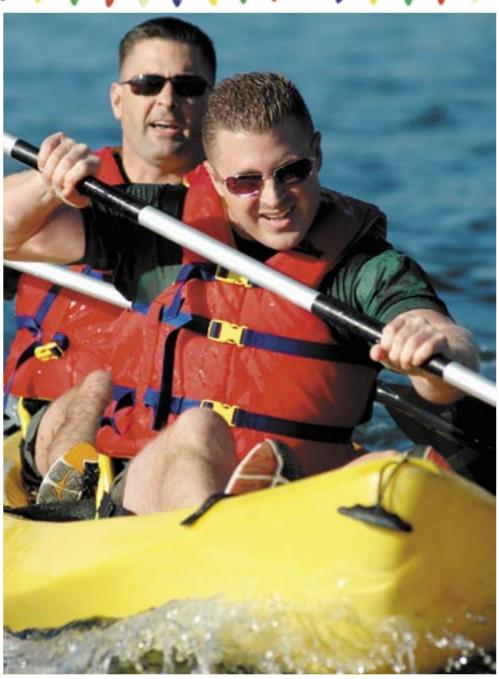


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FRIDAY, DECEMBER 16, 2005

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Maj. Charles Fuller, Recruit Training Regiment logistics officer, right, and Maj. Jason S. Gerin, RTR assistant operations officer, kayak during a field meet at the depot boat house Dec. 9. The field meet featured several events and was the finale to this year's Commanding General's Cup. Staff Sqt. Scott Dunn/Chevron

CUP CAPTURED

Recruit trainers take trophy as annual competition ends

BY STAFF SGT. SCOTT DUNN Press chief

Recruit Training Regiment took home the depot's 2005 Commanding General's Cup Dec. 9 despite a cohesive Coast Guard pack triumphing and Headquarters and Service Battalion placing second in the cup's finale.

About 200 Marines, sailors, Coast Guardsmen and civilians

met at the boathouse and marina to see four teams face six challenges: an egg toss, the Dizzy Izzy, cooperative push-ups, kayaking, a tugof-war, and a 600-yard relay.

After scoring big throughout the year in several athletic competitions – eight first-place showings and eight second-place showings in 18 events – RTR entered the field with a hefty lead in overall cup standings and was able to claim the trophy simply by showing up. First places in basketball, softball, bowling and the Saint Patrick's Day fun run gave RTR the high ground.

SEE Cup, pg. 5

Enjoy special holiday traditions

As we prepare to enter this year's holiday season, Debbie and I would like to extend to everyone at Marine Corps Recruit Depot and across the Western Recruiting Region our



best wishes for a safe and happy holiday season. We cannot overstate how proud we are of each of you and your many accomplishments throughout the course of this

past year. Your selfless dedication to our country and our Corps truly represents all that is best in both the American character and our Marine ethos. This season of hope and peace is a special one. The holidays provide an opportunity for each of us to reflect on the many blessings that we have been afforded in our lives and particularly throughout the past year. Key among these are health and family. Please take the opportunity to spend your precious time with family and friends while enjoying your own special holiday traditions. Please do so in a safe manner as well. Your return to MCRD/WRR to start 2006 is our best wish.

As we continue our support of the

war on terrorism, your sacrifices demonstrate the dedication and teamwork that make this command a continuing success. During these holidays many of you will also be leaning forward, either training with or searching for our future Marines - often times away from your own homes and loved ones. You are serving in a litany of roles that are vital to maintaining both the success and the integrity of our Corps. The thoughts, prayers and gratitude of your countrymen and fellow Marines abroad are with you. As the New Year approaches, our efforts in recruiting and recruit training take on a renewed emphasis as we continue to stand ready to defend this great nation in the long days and certain fights ahead.

It is our wish that each member of our Recruit Depot and Western Recruiting Region family return from their holiday travels safely and refreshed. You have our sincerest appreciation for your dedicated service and our warmest wishes for a joyous holiday season. Semper Fidelis!

Sincerely



Brigadier General, U.S. Marine Corps

Sgt.Maj. 'Ooh-rah' named Vet of Year

BY LANCE CPL.
KAITLYN M. SCARBORO
Chevron staff

He stirred up a ruckus before a recent Marine Corps Birthday Ball celebration. Junior Marines waited to see what the sergeant major would look like in his dress blues – to size up his ribbons and see what missions, operations and wars he had participated in.

The sergeant major is revered around the depot for his never-ending motivation and dedication to the Corps, and for his volunteer efforts and selflessness toward others.

Retired Sgt. Maj. Bill Paxton was declared Veteran of the Year 2005-2006 by the

Veterans Association in a ceremony near Balboa Park Nov. 4.

Tim Sprague, commander of the Mission Valley Veterans of Foreign Wars Post 3787 nominated Paxton for the award, and association voters selected him over a Medal of Honor recipient and a Pearl Harbor survivor.



Retired Sgt. Maj. Bill Paxton

"When he got into the top five, I almost lost my voice. When he was announced, I think I stood up and screamed the hardest," said Sprague.

"When he won
... I told him he's

no longer a Marine. He didn't like that too well because of the fact that he's representing all of the veterans."

The VFW post intends to make a "Bill Paxton, Veteran of the Year" banner to hang outside the post, with patches from each military branch encircling his name.

"We'd make sure the Marine Corps was the center one," said Sprague.

Paxton is a member of the Marine Corps League, Drill Instructors Association, the Kiwanis and Lions Clubs. He is Pound Keeper of the Military Order of the Devil

SEE **Veteran, pg. 2**





will be back Jan. 6

DOUBLE TIME

Thirty-year-old Hotel grad's boot camp stay longer than expected



KICK BOXING

Marines punch, kick, sweat

CHEVRON | OPINION & EDITORIAL | DECEMBER 16, 2005 CHEVRON | NEWS & BRIEFS | DECEMBER 16, 2005

USO, local co. donate bikes to military children

BY PVT. CHARLIE CHAVEZ Chevron staff

A company in Rancho Bernardo, Calif., donated bicycles to military children during the 11th Annual United Services Organizations Holiday Bike Drive Dec. 7.

BAE Systems bought and assembled 980 bikes to be distributed throughout the San Diego County as holiday presents.

"The first year that I began this, I managed to raise enough money for five bikes," said Michiel A. Budlong, founder. "The second year the number multiplied to 10."

Many of the service members present had nothing but good things to say about

the company's outstanding reputation.

"BAE is great for doing this. It's good Justin A. Salaun. to see people care about the military," said returning participant Coast Guard Senior Chief Petty Officer Gary L. Walker, Coast Guard Sector San Diego.

bikes onto the trucks drove home with satisfaction for helping people in need.

"It feels good to know that I don't always have to yell and be a drill instructor all day. Instead, I can come help the members' children at the depot after the Marine families in need," said Staff Sgt. Maxwell J. Williams.

"I'm thankful that I can help young Marine families and give their children a gift during Christmas time," said Staff Sgt.

A lone sailor who accompanied the Marines from the depot was content with helping and accompanying Marines.

"I love working with Marines. The ca-Depot Marines who helped load the maraderie is awesome and I plan to stay working with them for as long as I can," said Petty Officer 2nd Class Ronald F. Cruz, dental technician.

> The bikes were delivered to the service morning colors and recruit graduation ceremonies Dec. 9. The Marine Corps Toys for Tots charity is still accepting donations in a bin located at Pendleton Hall.

Region names top SNCOIC

BY PVT. CHARLIE CHAVEZ Chevron staff

The Western Recruiting Region recently named a Guam recruiter as top Staff Noncommissioned Officer-In-Charge for fiscal 2005 at a ceremony in Kona, Hawaii.

When Gunnery Sgt. Clarence Masayos assumed leadership of the recruiting office in Guam, a substation of Recruiting Station Orange, Calif., in 2004, recruiting their rose drastically, according to RS Orange leaders.

The substation achieved a phenomenal 134 percent recruiting average, which is very good, said Master Sgt. William R. Barr, assistant operations chief, Western Recruiting Region.

"In the United States, the allotted amount of time for recruiters to test and process a recruit to train is an average of 20 days," said Capt. Neil A. Ruggiero, RS Orange executive officer. "Gunny Masayos and his team only have eight

"Gunnery Sgt. Masayos is the type of leader that Marines want to work for. He understands that mission accomplishment is also troop welfare."

Barr said Guam recruiters made 29 out of 30 monthly missions with only one applicant discharge in the last fiscal

"There is so much coordination that goes into visiting his (applicants)," said Ruggiero. "Just to go into Korea, he has to get a country clearance and complete a list of other

Masayos' dedication helped him to find recruits not only from Guam, but also in Japan and Korea. To help communication between new families and the Marine Corps, he relies on liaisons at Marine Forces Korea and at the 3rd

Marine Division and 1st Marine Aircraft Wing in Japan. Despite barriers and long hours, Masayos and his teams'

"Everyone wants to be successful. All Marines want to give 110 percent," said Masayos. "The Marines I work with are really good, and that is why I am successful."

Masayos was born in Micronesia, where he graduated



Gunnery Sgt. Clarence Masayos was recently named the Western Recruiting Region's top Staff Noncommissioned Officer-In-Charge for fiscal 2005. Official USMC photo

from Mindzenty High School in 1978. Following his high school graduation, he attended Eastern Arizona College and graduated with an associate's degree in history in May

He then transferred to Arizona State University and received his bachelor's degree in political science in 1983. He worked for Adelphi Business College until he left for recruit training April 7, 1987.

Masayos reported to Recruiters School in 1996. He completed school and received orders to Recruiting Station Phoenix, Substation Tempe, Ariz. During his first recruiting assignment, Masayos received several awards, including his second Navy Marine Corps Commendation Medal.

Masayos then attached to Combat Service Support Group, Kaneohe Bay, Hawaii. He subsequently received orders to RS Orange as a canvassing recruiter in Hawaii in 2001. He received the Centurion Award for recruiting at least 100 people within a standard recruiting tour of duty. Masayos has also been named Small SNCOIC of the Quarter for his leadership at the Guam substation.

Veteran, from pg. 1

Dogs and a member of the Military Order of the Cooties and other veteran organizations focused on community

"He belongs to almost every organization you can think of," said Donald E. Tetschlag, a past commander of VFW Post 3787. "I don't know how he could have a job and still do all this."

Paxton said it's a great honor to help those in need and to help fellow veterans.

"I thought it was an honor to be nominated two years in a row," said Paxton. "I feel that we can never do enough for our veterans in a community which we serve to protect. To be selected amongst all those nominees that were all so highly qualified, to be able to represent all the veterans – past, present and future - it came as a shock.

"Our job is never finished as a veteran. There's an old saying: 'Once a Marine, always a Marine.' That also applies to 'once a veteran, always a veteran."

As a veteran of foreign wars, Paxton served as a Marine Corps infantryman and ultimately has many stories to share with younger generations of Marines, including his son, a first sergeant in the Marine Corps Reserve.

Paxton assisted in typhoon relief in Guam in 1962. He also served in Lebanon in 1968 and two combat tours in Vietnam.

"When we weren't actually on security duty, we volunteered to help build the church back and the schools," said Paxton of his time in Guam. "As a matter of fact, it was the Marine Corps birthday. We were at the ball and they said take your, wives, spouses and loved ones home, and be back in 30 minutes.

Romeo recall, we're mounting out. Destination unknown, mission impossible."

Paxton was guide for his boot camp platoon in the "Ernie Pyle" Company, named after an honored combat correspondent, and he served as an infantryman, military policeman and a drill instructor in the same company with actor R. Lee Ermey.

The retired Marine said he is grateful for the chance to still work with young Marines at the depot, and he finds motivation being around future veterans of

"The junior Marines have proven that when things get tough, the tough get going," said Paxton. "So on behalf of all Marines ... I want to thank them for doing an outstanding service to our country and to our armed forces of the United States of America. Semper Fidelis. Ooh-rah."

BRIEFS

Keep a safe Christmas tree

Without proper precaution, Christmas trees can cause house fires. According to the National Fire Prevention Association, Christmas trees, both real and artificial, were the items first ignited in an estimated average of 310 reported U.S home structure fires per year between 1999-2002. Depot Safety provides these tips for a safe Christmas

- Follow recommendations for stringing indoor or outdoor lights.
- No electric lights on metal trees. • Don't use lights with worn, frayed or
- broken cords or loose bulbs. • Connect no more than three strands of push-in bulbs and a maximum of 50
- bulbs for screw-in bulbs. • Always unplug lights before leaving
- home or going to bed. • Never decorate with candles; keep
- them clear. • Water live trees daily. Don't buy a dry
- tree or one with dropping needles.
- Buy fire-retardant artificial trees. • Monitor and keep children away from wiring and lights.
- Keep at least three feet from fireplaces and radiators, and position near outlets so cords don't run long distances.
- · Discard when needles begin dropping. Dry trees should not be left in or against homes or in garages.

USO invites San Diegans to concert

The San Diego USO has invited the public to attend its 14th annual Holiday Concert at the depot's McDougal Hall tomorrow at 2 p.m.

Marine Band San Diego will play a 90-minute concert featuring a variety of holiday music, and Santa Claus is expected to appear.

Admission is free; however, in the spirit of giving, all concertgoers are encouraged to bring a new, unwrapped toy for the Toys for Tots program.

State tax exemption filing

A number of states exempt military pay from taxation provided certain conditions are met and a DD Form 2058-1, State Tax Exemption Test Certificate is filed. The form must be filed no later then Dec. 31, 2005 for Calendar Year 2006. Failure to file the DD Form 2058-1 in a timely manner will result in the State Tax Exemption being stopped.

Marines should contact Consolidated Personnel Administration Center for assistance in filing the exemption if their state of legal residence is Connecticut, Illinois, Minnesota, Missouri, Montana, New Jersey, New York, Oregon or West Virginia. For help, call Sgt. Mario A. Delmoralzuniga at (619) 524-6101.

Military testing

The Recruit Administration Branch offers the Defense Language Proficiency Test, Defense Language Aptitude Battery, and Armed Service Vocational Aptitude Battery tests to all military members. Testing is held every Friday at 8 a.m. Call (619) 524-6123 or (619) 524-1993 to schedule an appointment

SEND BRIEFS TO jess.levens@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

Marines need to stick together for holidays

BY LANCE CPL. KAITLYN M. SCARBORO Chevron staff

During Thanksgiving leave, my sister invited me to dinner with her friends and members of their families.

Upon my arrival to a house I'd never been to, my sister introduced the host of the pizza party as "the Colonel." My cheeks flushed and my eyes bulged. I searched the room for any sign of his previous branch of service.

Appropriately enough, he was wearing a Marine Corps Tshirt, and immediately my muscles tensed.

I wouldn't have agreed to spending my evening eating diner in faded jeans, an extra large sweatshirt and no belt, had my sister informed me that I would be doing so with a Marine Corps officer I'd never even met before.

The gentleman was kind enough to make no mention of my obvious discomfort in presenting myself to him in such a blatant display of "inappropriate civilian attire." He graciously welcomed me to his home, and then he made his exit.

I continued the night with an ever-watchful eye, making sure not to say anything incriminating, rude or just plan stupid, and my sister and her friend's laughed at me the entire

At the conclusion of the evening, I condemned my sister for not previously informing me that a former Marine owned the house, and I blushed up and down from the embarrassment of

She had no idea what a huge emotional ordeal she had just put me through - eating dinner with an officer when I was out of regulations! But she did gossip with her friends and slowly but surely word got to "the Colonel" that I was hugely embarrassed and apologetic.

To this he acknowledged that as a part of my homecoming, it was expected of me to relax a little and he would have done the same had it been him.

So I gathered my after action report from the experience. I learned three extreme rules of event engagement.

- 1. Know the facts. Definitively know every guest expected to be in attendance of every party I ever expect to go to. Know what will be served for dinner, and how I am expected
- 2. Be prepared if you don't know what to wear. It's better to be wearing dress blues when the party is in blue jeans, than the other way around.
- 3. Marines, despite age, rank, current duty status, or superiority complex, are all one big family. It is this final point that I wish to stress for the holiday

The holiday season is a time to introduce your family to the

Corps, not just the lone Marine that comes home every other holiday and long weekends. We get so wrapped up in the chance to spend time with the people who raised us, that we forget that the faces we see every

day are family too. Marines take a break from the hectic toils of a 24-7 job and go home to the family and friends they left behind.

It is one thing to be a member of the Marine family when in uniform. But that is not the extent of our loyalties as Marines. It's time to gather your siblings, uncles and aunts, noncommissioned officers and staff NCOs, grandparents and com-

manding officers into the same room. Invite your Marines – your comrades with no place else to go - to share in your joyous family celebrations.

Besides, every good Marine knows how to make use of mistletoe and a Santa Clause hat, and we can surely revive Grandma when she has passed out from all of the excitement of the strapping young lads at her doorstep.

But in all seriousness, for the sake of camaraderie and troop welfare, don't forget your fellow Marines. Give more than a holiday greeting. Bring your family a little closer than a double arm's length and take the time to appreciate the face you have to look at every morning when you roll out of bed and into work at the crack of dawn. Celebrate the season with true unit

Be devil dogs, not scaredy cats

Sometimes the officer-enlisted relationship can be awkward for Marines, but why?

BY JESS LEVENS

While editing the other commentary on this page, I realized something I've noticed more than once, and I feel I should address it. A lot of Marines, especially junior enlisted, are afraid of officers. Why?

While the above article has an overall good message, it also makes me wonder why so many Marines flip out at the slightest glimmer of brass. Lance Cpl. Scarboro's anecdote is silly to me, and I feel like many other Marines put extra pressure on themselves when in the company of officers.

She unknowingly went to a retired colonel's home for Thanksgiving, and she didn't wear a belt. That is no reason to freak out. First of all, it's the holidays and

a residence. You can dress down in an intimate home setting. Secondly, he is a retired colonel. While he still commands respect, it's not because he outranks you. It's

she was in the privacy of

a different, voluntary respect for the things he did in the past. They say "Once a Marine, always a Marine." I believe it's important to respect and support our veterans, but Marines also need to recognize the difference.

'Officers want to see Not wearing a belt to a family holiday at a the burly, boisterous retired officer's private home is no reason Marines that made the to be distraught. She obviously didn't want Corps famous. to wear a belt, and being in the presence of a former Marine shouldn't change her opinion of her attire.

Don't get me wrong. Officers deserve the respect they get. A salute and greeting is a privilege and a time-honored military tradition, but also, when an officer returns a salute, it's an equal sign of respect to the enlisted Marine. Salutes aren't in place to point out superiority, but rather a sign of mutual respect between two warriors working for the same

In my time in the Corps, I saw countless times when an officer would walk by, and young Marines would instantly tighten up, start to stutter and become timid. Why? Just salute and greet the officer and carry on; maybe even start a conversation with him. I'm not sure that drill instructors teach recruits to become scared softies in the presence of officers. I know mine never told me that.

Maybe the shyness is just out of instinct from the enlisted Marines, but if you ever talk to an officer, you'll see that most of them are regular men and women. They are interesting, good people, and usually great leaders.

How do you think it makes officers feel when they come to see their troops and you just clam up? They don't want to see frightened, lock-jawed Marines. Officers want to see the burly, boisterous Marines that made the Corps famous. Officers know a lot, and usually they want to share it. They want to know their Marines, so shouldn't you want to know your

I'm not telling you to try to hang out at the bar with officers - there are clear fraternization rules - but there is nothing wrong with loosening up a little. This can be done professionally and respectfully. Too many Marines mistake friendliness for disrespect.

What really sold me on this opinion was meeting our commanding general, Brig. Gen. John M. Paxton Jr. Yes, he's a general officer, but even when I was a lance corporal, he went out of his way to say hello and called me by my name. He lets Marines know they don't need

to feel estranged in his presence. A simple "Hello Marine" and a firm handshake go a long way.

Some of what I'm talking about can be put on the officers too. If you notice a Marine is quiet, closed off or maybe scared or intimidated

by you, let him know it's all right to relax a little. Ask your Marines questions and get to know them. The officers I respected the most were the ones I could be myself around.

A friendly relationship among Marines makes a much more conducive environment for mission accomplishment and it improves troops welfare. Isn't it cool how just being friendly human beings to each other can help with the top two Marine Corps priorities?

So, junior Marines, be respectful but not afraid. Officers, don't let your Marines be scared of you. The officer-enlisted relationship is about mutual respect and working together for a greater good.

This is the last 2005 issue of the Chevron, and in January, we start the paper's 66th volume. From everyone on the Chevron staff, have a memorable holiday season and a happy new year. We look forward to serving you with our words and images.

Best wishes, Jess Levens, Editor

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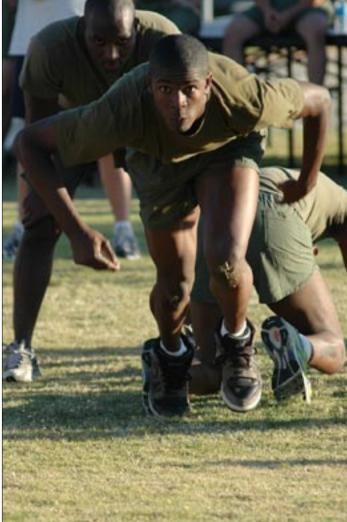
CHEVRON | **FEATURE** | DECEMBER 16, 2005 CHEVRON | **FEATURE** | DECEMBER 16, 2005



Company H first sergeant 1st Sgt. Mark Arvizu, left, coaches drill instructors during a four-man push-up contest. The four-man Recruit Training Regiment team was Staff Sgt. Craig Blenis, Staff Sgt. Conrad Muñoz, Sgt. Joel Juarez and Sgt. M. Castaneda. Staff Sgt. Scott Dunn/Chevron photos



Staff Sgts. Greg Isaacson and Sid Gonzalez, Receiving Company drill instructors, RTR, paddle a capsized kayak to finish a relay race. Their vessel flipped after converging with opponents from the Coast Guard and Headquarters and Service Battalion. Coast Guard won the heat and placed first and third in the event.



Pfc. Reginald Page sprints off with help from Headquarters and Service Battalion teammate Cpl. Rene R. Smith during a six-man relay, which H&S won. Teammate Sgt. Demetris A. Hye, left, looks on.



Drill instructor Sqt. Shaun A. Leek, left, pivots with his head on a bat during the Dizzy Izzy competition while Company F drill instructor Sgt. Joshua Mondloch gathers some equilibrium before sprinting to the finish. Headquarters and Service Battalion won first and third places in the event.

Cup, from pg. 1

Second place in the '05 season, however, was a toss up between H&S and Coast Guard - advantage H&S. Crouching in last place, the 12th Marine Corps Recruiting District entered as small-fry competition poised to disrupt the final outcome.

Before the meet kicked off, leaders assembled their teams and gave pre-game speeches. A tongue-in-cheek Col. Robert O. Sinclair, RTR commanding officer, told a huddle of drill instructors and officers, "All I care about is winning."

Sinclair tried to follow his leadership with a winning example when he and Sgt. Maj. Randall Carter, regimental sergeant major, competed in the first event. Team commanders paired up and tossed eggs; District was first to spill yolk; then Coast Guard broke next and too was eliminated.

The tosses became progressively farther and more difficult. Sinclair and opponent Col. Matthew D. Redfern, H&S Bn. commanding officer, each dropped several passes, and a forgiving sod spared elimination until Sinclair's egg broke in his hand. H&S won, and a sportsmanly Redfern accepted a gooey handshake from Sinclair.

A front-running H&S extended its lead by placing first and third in the next event. In the Dizzy Izzy relay race, competitors dizzied themselves using a bat as a pivot before racing off and stumbling like toddlers.

H&S lost momentum and Coast Guard picked it up during a push-up contest in which four teammates assumed the standard position but at right angles, all in the place. "Some of these are Marines in the same rotary direction, and with each per- company we don't even know, but we pull to this report.



Coast Guard Petty Officer 2nd Class Brett Christenson tries for one last team push-up as Semper Fit fitness supervisor Kenny Young officiates.

son suspending his feet on a teammate's for them anyway because we strive for a back. District placed first in the push-up common goal." contest, but Coast Guard scored secondand third-place points.

With a prevalent cheering section, event. The Coast Guardsmen flexed the Corps Community Services. most might by sweeping all comers in the following tug-o-war heats.

and-back relay race kept H&S in second of the Year.

Coast Guard won the field meet, which concluded with depot commanding general Brig. Gen. John M. Paxton Jr. present-Coast Guard continued its surge, racing ing checks and hardware to the CG's Cup neck and neck with RTR in the kayak winning units. RTR went home with the relay and winning first and third in that CG's Cup and a \$300 check from Marine

Brig. Gen. Paxton also recognized Coast Guard Petty Officer 2nd Class "Events like (the field meet) bring ev- Misty Durham as the CG's Cup Female erybody together," said Sgt. Demetris A. Athlete of the Year and RTR's Gunnery Hye, whose sprinting in a six-man, there- Sgt. Chris Balcazar as the Male Athlete

Lance Cpl. Dorian Gardner contributed



Regiment Marines. RTR finished third in the field meet, the Cup's final competition, yet still had enough points in the year to win the cup.



Col. Robert O. Sinclair, RTR commanding officer, catches an egg from RTR sergeant major Sgt. Maj. Randall Carter. Four tosses later, Sinclair broke the egg.

30-year-old's depot stay longer than expected

BY LANCE CPL. DORIAN GARDNER Chevron staff

ing factor when it came to Marine Corps Recruits must be within certain weight and age standards to go to boot camp. For the recruits who don't meet the criteria, recruiters administer waivers. Thirty-year-old Pfc. Patrick Matisi, Platoon 2137, is one of the few Company H recruits who had to sign an age waiver to begin Marine Corps recruit

etting a late start, one Company H

recruit found that age was not a decid-

Matisi contemplated joining the Navy at 18. He decided against it but knew he would one day be part of the U.S. military.

"I was just too wild at the time. I wasn't ready for the military," said Matisi.

Matisi was enrolled in part-time classes from 2001 to 2004 at Northeastern Illinois University. Before he stepped on the yellow footprints here, he managed to accrue 48 credits toward a double major in criminal justice and psychology. Before he was certain about his decision to join, he stopped by Marine Corps Base Camp Lejeune, N.C., in May to visit a friend. Already enlisted and waiting to go overseas, one Marine showed Matisi what he needed to see.

"I visited my friend at Camp Lejeune for five days," said Matisi. Seeing the Marines on base and the way they lived greatly influenced his decision to enlist. "That was like the catalyst. I really got to see how they do it. The day I got back, I went straight to the recruiter's office."

After Matisi's decision was final, the only people left to tell was his family.

"I thought it was great," said his father, Randy Matisi. "We were real positive about it because it sounded like it was something he wanted for himself. He needed to belong to something."

As the old man of the company, Matisi heard different things from everybody. According to Matisi, recruits would say, "You are like my cool uncle," or, "You're just a few years younger than my dad."

Matisi said the comments were both negative and

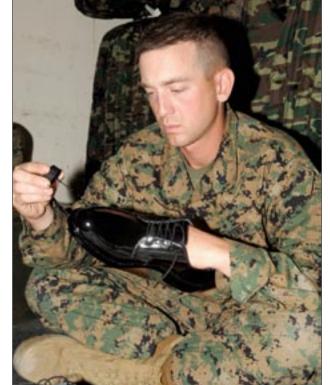
"Sometimes they would say I must have been a screw-up and couldn't survive in the civilian world, so I joined the Marines," said Matisi. "(The comments) didn't affect me one way or another; I had a mission to

After enjoying 29 years as Patrick, Recruit Matisi was having a little trouble with Company H's training methods during the first phase of boot camp.

"It kicked my butt," said Matisi. "I was out of shape when I got here."

With a three-mile run time of 27:40 and only being able to do four pull-ups - the minimum is three -Matisi needed to improve.

"He was behind his peers when he first got here,"



Pfc. Patrick Matisi, Platoon 2137, Company H, broke his foot and injured his wrist, resulting in a six-month stay on the depot. Lance Cpl. Dorian Gardner/Chevror

'I could barely get my foot into my boot the day we did the Reaper. There was no way I was going to do this again.

- Pfc. Patrick Matisi

said Sgt. Lance J. Garcia, Platoon 2137 senior drill instructor. "He was soft."

"Smoking (cigarettes) really hurt my run time," said Matisi. The physical aspect of training was a challenge, but Matisi said the mental aspect is the hardest for

"The change of being broken down is what made first phase hard," said Matisi.

During second phase, Matisi headed to Marine Corps Base Camp Pendleton, where he found what he

"Even though I was never a squad leader or a guide, I took on more responsibility. I began taking account for other recruits," said Matisi. "I got louder too, mostly from the incentive training and being told to open my mouth. I owe that to drill instructor Sgt. (Joel T.) McMillan.'

During first phase, learning about past battles fascinated Matisi. Field training took all of his interest. Matisi said going through combat courses and nightinfiltration courses brought those war stories to life.

"The fire team courses, the combat courses, crawling under barbed wire, charging a broke down CH-53 helicopter - that's what really got my head into it," said

Being 10 years older than the majority of the platoon, and starting physically unconditioned, Matisi faced two handicaps. A third drawback came on the first day of the Crucible. When that first day came to an end, pain was surging through Matisi's left foot. Two days later, the company was scheduled to finish the Crucible with a 10-mile hike through the hills and an endurance climb up the Reaper, which is the highest

"I could barely get my foot into my boot the day we did the Reaper. There was no way I was going to do this again," said Matisi. "I waited until everything was finished when I could speak to my senior drill instructor. I asked him if I was a third phase recruit yet, and he said yes. That is when I told him I needed to see a

For the next two months, Matisi was sitting still in Medical Rehabilitation Platoon with a broken foot.

"The hardest part of boot camp was MRP – being stuck there," said Matisi. "I just tried to stay focused."

Finding a common bond with other injured, but motivated recruits made it easier for Matisi to keep his head up. "It made me stronger," he said.

Drill instructors crowned Matisi platoon guide two weeks after he joined MRP. Before his foot was strong enough to return to training, he further injured himself in the weight room. A wrist injury extended his stay by

"I couldn't hold the guidon, so they made me a squad leader," Matisi said.

After three months with MRP, Matisi came back in time to begin third phase with his previous senior drill

"He took charge," said Garcia.

"He isn't scared to tell people what to do," said Sgt. Steven E. Jones, Platoon 2137 drill instructor. "He has that classy, cocky Chicago attitude."

Matisi said recruits questioned him on his ability to carry on in a gruff atmosphere for six months.

"I just told them it wasn't an option," said Matisi. "I live my life, and the way I live it is because of the United States Marine Corps. My freedom wouldn't be there without the Marines. I lived 29 years that way. I figure I could pay some of it back so others could enjoy the same things I did. It's just gratitude I guess."

Matisi will be a combat engineer in the Fleet Marine

"I wanted to help by rebuilding what we were going to destroy," smirked Matisi.

One of the Corps' newest, oldest privates first class said he plans to spend 20 years in the Corps, which will make him older than 50 when he retires.

Lance Cpl. B. A. Kern Gillette, Wyo.



Recruited by

Pvt. H. Lozano Pvt. J. Musser

Pvt. A. A. Malliaros

Pfc. P. F. Matisi

Pfc. J. D. Schafer

Pfc. C. D. Stottlemyr

Pvt. C. A. Soliz

Pvt. B. K. Ng

Pfc. A. Bautista Jr. Williams, Calif. Staff Sgt. C. Cortez



PLATOON HONOR MAN Pfc. J. C. Cameron Pfc M. J. Higgs Plano, Texas Hickory Springs, Texas Recruited by



PLATOON HONOR MAN PLATOON HONOR MAN Pfc. A. Salas Fort Worth, Texas Recruited by



PLATOON HONOR MAN Pfc. E. J. O'Hara San Antonio Staff Sgt. C. A. Poree



Pvt. T. R. Carleton

Pvt. B. A. Hatcher

Pfc. D. E. Jansen

Pvt. J. J. Long Pvt. D. M. Luke

Pvt. J. M. Medina

Pvt. T. M. Morley

*Pfc. A. Norton

Pvt. J. M. Pautz

*Pfc. O. R. Pino

Pfc. Y. A. Potanir

Pvt. M. N. Pugh

Pfc. A. M. Raher

Pvt. M. L. Revnold

Pfc. R. M. Riggs

Pvt. S. Rodriguez

Pvt. J. A. Rohde

Pfc. C. L. Roth

Pvt. M. G. Roth

Pvt. G. E. Rowe

Pvt. R. V. Rowley

Pvt. C. J. Sanchez

Pvt. J. R. Sanchez

Pvt. R. Schebesta

Pfc. E. C. Schwartz

Pfc. C. D. Scroggins

Pvt. K. S. Sherman I

Pvt. J. E. Siam

Pfc. M. E. Sloan

Pfc. M. W. Smith

Pvt. N. Svsaath

Pvt. B. M. Tate

Pvt. J. E. Telles

Pfc. R. M. Umagai

Pfc. T. Vang

Pvt. J. D. Vines

Pfc. T. J. Vohs

Pfc. J. C. Weiler

*Pfc. S. Wilson

Pvt. A. J. Williams

Pvt. J. D. Wohlers

Pfc. N. J. Wolfsen

Pvt. D. M. Young

Pvt. J. A. Young

Pfc. K. A. Zastoupi

Pvt. B. A. Zimmere

PLATOON 2142

Senior Drill Instructo

Staff Sgt. S. Barajas

Staff Sgt. J. L. Soliz Sgt. J. T. McMillan

Pvt. N. Aguayo

Pvt. A. Angel

Pfc. A. Bautista Jı

Pvt. B. E. Burleson I

Pvt. D. Z. Brom

Pvt. A. J. Carls

Pfc. R. D. Cleary

Pvt. N. A. Cordero

Pfc. T. L. Cowart

Pvt. V. J. Cruztorres

Pvt. J. C. Dominguez

Pfc. M. T. Edgerton

Pvt. C. C. Enlow

Pfc. D. L. Forrest

Pvt. A. Fuentes

Pfc. G. L. Gray

Pvt. T. J. Harper

Pfc. M. H. Hilton

Pfc. V. A. Huggins

Pvt. S. Hatem

Pvt. C. M. Franklin I

Pvt. A. M. Gallaghe

Pvt. G. G. Godinezmen

Pfc. M. T. Washington

Pvt. M. R. Taghon

*Pfc. A. Salas

Pvt. S. R. Peacock

Pvt. R. Novoa

Pvt. C. L. Carroll

PLATOON HONOR MAN Pfc. I. A. Piche Clovis, Calif. Recruited by Staff Sgt. W. E. Campbell



HIGH SHOOTER (238) Pfc. G. L. Gilbreaith Pollock Pine, Calif. Marksmanship Instructo Sgt. M. R. Triviglia

Pvt. T. M. Morlev Cashmere, Wash Sgt. A. M. Arietta

HOTEL COMPANY

These are America's newest Marines and their leaders at Marine Corps Recruit Depot San Diego. Company H graduates 570 men today.

SECOND RECRUIT TRAINING BATTALION Chaplain Lt. Cmdr. E. S. Pease Sergeant Major Sgt. Maj. T. T. Hoskins Gunnery Sgt. P. Duncan

COMPANY H Commanding Officer Capt. S. W. Glenn Seaman J. N. Columna

SERIES 2137 Capt. B . D. Lynn Staff Sgt. B. W. Wells

SERIES 2141 Gunnery Sgt. D. D. McDuffie

PLATOON 2137 Sqt. O. E. Castillo

Pfc. M. A. Acosta

*Pfc. J. A. Alameda

Pfc. C. R. Anderson

Pvt. L. W. Anderson

Pvt. N. J. Beaumont

Pfc. T. A. Banks

*Pfc. J. C. Cameror Pvt. K. L. Campbel Pvt. R. M. Carpente Pvt. A. J. Cerda Pvt. C. R. Cholity Pvt. J. T. Church Pvt. R. H. Comptor Pfc. S. D. Cooper *Pfc. R. M. Daffin Pfc. T. S. Davenport Pvt. R. L. Davis Pvt. A. Diotte Pvt. C. D. Esparza Pvt. Z. A. Fager Pvt. J. S. Felix Pvt. N. M. Fiscus Pvt. S. E. Flores Pfc. K. J. Fontenot Pvt. M. C. Fort Pfc. V. M. Gallegos Pfc. A. C. Garcia Pvt. J. M. Garcia Pvt. M. Garcia Pvt. T. E. Garcia Pvt. K. R. Gehret Pvt. J. Gonzalez Pfc. G. T. Groves Pvt. J. F. Guzmanm Pvt. J. A. Hardy Pvt. E. C. Harkins Pvt. M. L. Hawkins Pfc. A. G. Havnie Pvt. O. L. Hernandez Pfc. M. A. Hunt Pfc. S. C. Jack Pvt. S. W. Jacobs Pfc. M. J. Johnston Pfc. O. C. Jones Pvt. R. Khomautinniko *Pfc. C. S. Kincaid Pvt. J. W. Knoell Pvt. J. C. Lafollette Pvt. F. N. Lainez Pfc. M. Lam Pvt. B. R. Lawson Jr Pvt. T. C. Link Jr. Pvt. E. S. Llamas Pfc. J. D. Lowe

Pvt. J. K. To Pfc. L. M. West PLATOON 2138 Sat. D. C. McCarthy Drill Instructors Sgt. A. J. Stitt Sgt. D. L. Barrientos Sgt. M. Castaneda Pfc. E. H. Aquirre Pfc. A. L. Anderson Pfc. S. S. Bailey Pfc. D. J. Barham Pfc. J. F. Bender Pvt. J. M. Blount

Pvt. D. L. Bostick *Pfc. D. R. Boyung Pvt. E. J. Briggs Pfc. J. F. Carlos Pfc. B. R. Christiansen Pvt. S. M. Chrysler Pvt. A. R. Clarke Pvt. J. M. Coash Pvt. D. P. Damaschke Pvt. B. G. Davidson Pvt. R. S. Depies Pvt. D. A. Dickerson Pfc. J. D. Dillon Pfc. T. A. Dockter Pfc. J. T. Doody Pvt. R. O. Dugdale Pvt. A. R. Esquive Pvt. R. Farias Jr. Pfc. M. Flores Pvt. A. N. Foolbull Pvt. A. W. Foolbull Pvt. D. J. Frye

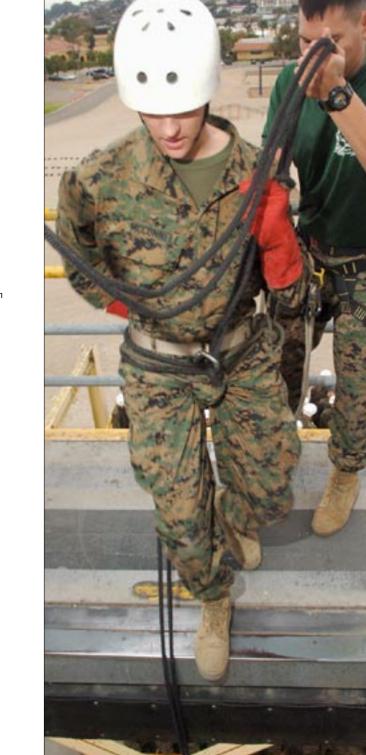
Pvt. G. P. Gallagher

Pvt. R. J. Gardner

Pvt. R. M. Garside Pvt. K. A. Geer Jr. Pvt. A. L. Gilbertson Pfc. G. L. Gilbreaith Pvt. J. W. Glaser Pvt. W. D. Gramling Pvt. A. C. Grant Pvt. S. F. Hackney Pfc. T. N. Hafen Pvt. T. J. Halik Pvt. C. R. Hall Pvt. K. C. Halvorsen Pvt. R. J. Hand Pfc. J. R. Hansen Pvt. C. D. Haumont *Pfc. K. L. Haynes Pvt. W. P. Henton Jr. Pfc. R. C. Hinojosa Jr *Pfc. C. W. Hogg Pvt. T. J. Huot Pvt. S. M. Jerome Pvt. B. K. Johnson Pvt. R. L. Johnson Pfc. B. L. Jones *Pfc. E. M. June *Lance Cnl B A Kern *Pfc. J. A. Kimberly Pvt. A. J. Labelle Pvt. L. D. Latinette II Pvt. S. R. Leammon Pfc. N. E. Lile Pvt. O. D. Martinez Pvt. C. L. Mason Pvt. P. H. McConnel Pfc. S. A. McNeal Pfc. J. D. McWhirter Pvt. N. Mendoza Pvt. A. Moreno Pvt. G. C. Nevarez Ji Pvt. R. A. Niles Pvt. R. I. Ortiz Pvt. V. W. Pinedo Pvt. J. W. Richards Pvt. J. K. Taylor Pvt. D. C. Trevino Pvt. C. Watkins Pvt. D. W. Weaver PLATOON 2139 Senior Drill Instructor

Sgt. A. C. Colling Drill Instructors Sgt. J. B. Roush Sgt. R. C. Hankins

Pvt. E. E. Acostagamboa Pvt. T. J. Aguilar Pvt. B. Aguirre



With guidance from Instructional Training Co. drill instructor Staff Sgt. Highhorse I. Little, right, Pvt. P. H. McConnell, Platoon 2138, Company H, prepares to descend through an opening atop the depot's rappel tower. Lance Cpl. Dorian Gardner/Chevro

Pvt. B. M. Gallage

Pfc. S. Garcia Jr.

Pvt. R. Gil

Pvt. B. J. Bacon Pfc. T. B. Barstow Pfc. J. R. Becker Pvt. T. A. Brack Pvt. M. J. Bruns Pvt. N. P. Campbe Pvt. C. L. Capps Pfc. R. C. Carrico Pvt. G. I. Castillo *Pfc, L. D. Charvat Pfc. J. A. Corica Pvt. J. Cortez *Pfc. J. W. Crosby Pvt. J. D. Delello Pvt. J. A. Denning Pvt. A. J. Dobrinsk Pvt. B. L. Downer Pfc. J. J. Duguay Pvt. D. A. Edmonds Pvt. B. A. Faigao Pfc. R. T. Firebaugh Pvt. Z. N. Freiberg

Pfc. D. R. Gaitan

Pvt. M. A. Granado Pvt. J. S. Grimes Pvt. J. D. Hamilton

Pvt. L. P. Harris Pvt. J. Hernande: *Pfc. B. W. Hobbs Pvt. D. S. Hooper Pvt. R. Iribe Jr. Pvt. J. Jimenez *Pfc. C. M. Johnson Pvt. T. L. Kinder Pvt. A. R. Kolar Pfc. L. Kong Pvt. J. A. Krug Pvt. A. K. Kusero Pfc. B. A. Lagrone Pvt. T. J. Lange Pfc. T. D. Lansing Pvt. J. W. Laureand Pvt. R. W. Lemon II Pfc. A. W. Lewis Pvt. R. C. Lizama

Pvt. K. P. Locke

Pvt. M. F. Munozherrera Pvt. J. L. Perez PLATOON 2141

Pfc. J. A. Lorrance

Pvt. K. S. Martin

Pfc. A. J. McGee

Pvt. B. E. Mende

Pvt. R. G. Moody

Pvt. G. Mondet

Pvt. B. T. Moore

Pvt. T. J. Morgan

Staff Sqt. R. L. Bell Staff Sqt. H. M. Garcia Staff Sgt. C. M. Blenis

Pvt. J. R. Barber Jr. Pvt. S. W. Bartosh Pvt. M. J. Boddy Pvt. J. Z. Bond Pvt. D. B. Bone

Pvt. R. M. Kennedy Pvt. T. J. Schneide Pvt. G. T. Larson Pvt. J. H. Schulze Pvt. J. C. Scott Pvt. J. W. Levegue Pvt. T. B. Shanahan Pvt. D. J. Lindle *Pfc. D. L. Sherer Pvt. N. Lopez Jr Pvt. T. Martinez II *Pfc. J. S. Slocum Pvt. J. R. Martinez Pfc. E. J. Smith Pvt. J. M. McClung Pvt. P. M. Smith Pvt. S. A. McCrillis Pvt. J. A. Smithhisle Pvt. A. J. McDonald Pfc. D. A. Stenzel Pvt. J. M. McGuiness Jr Pvt. S. P. McVav Pfc. M. P. Suhy Pvt. H. P. Sunga *Pfc. M. J. Medzis *Pfc. S. R. Merchan Pvt. B. R. Svitak Pfc. R. T. Merritt Pvt. J. P. Tarilton Pvt. M. A. Molina Pvt. D. M. Taylor Pvt. A. J. Moreno Jr Pfc. C. L. Terhune Pfc. J. B. Nobles Pvt. M. A. Touponce Pvt. N. J. Ortiz Pvt. B. R. Webb Pvt. S. Overton

Pfc. C. S. Parkovich

Pvt. M. R. Perkins

Pfc. E. D. Roman

Pfc. J. I. Saldivar III

Pvt. A. R. Schmelling

Pvt. C. M. Seamste

Pvt. Serquina

Pvt. R. Serros Jr.

Pvt. J. S. Sewell

Pvt. K. L. Slater

Pfc. S. M. Smith

Pvt. T. C. Smith

Pvt. J. R. Solis

Pvt. R. L. Soper

Pvt. B. D. Stockton

*Pfc. D. L. Swank

Pvt. B. D. Watson

*Pfc. T. K. Wood

PLATOON 2143

Senior Drill Instructor

Staff Sgt. C. S. Taylor

Staff Sqt. C. A. Munoz

Staff Sgt. D. M. Olson

Pfc. D. R. Arakelian

Pvt. J. H. Asunto

Pvt. P. D. Bawden

Pvt. R. L. Baxter

Pvt. C. M. Carlson

Pvt. R. B. Cockburn

*Pfc. K. A. Colber

Pvt. D. R. Coolev

Pvt. F. M. Cruz Jr.

Pvt. S. M. Davis

Pvt. R. E. Dishen

Pvt. J. A. Flores

Pvt. M. V. Forder

Pvt. J. E. Goff

Pvt. N. D. Hanel

Pvt. K. S. Huitt

Pfc. E. V. Imperial Jr

Pfc. K. C. Jacobson

Pfc. E. E. Johannson

Pvt. B. D. Johnson

Pvt. Z. J. Kozisek

Pvt. D. R. Kramer

Pvt. P. R. Long

Pvt. J. P. Lucas

Pfc. B. J. Lue

Pvt. D. T. Miller

Pfc. J. L. Moss

Pvt. B. R. Nadal

Pvt. M. Pagella

Pfc. G. J. Parker

Pvt. B. L. Payne

Pvt. D. L. Peet J

Pvt. D. M. Peugh

Pvt. P. M. Pickering

Pvt. L. C. Quinones

Pvt. M. W. Roberts

Pvt. P. D. Roberts

Pvt. K. P. Rumsev

Pvt. E. J. Sanchez

Pvt. B. A. Reiner

*Pfc. E. J. O'Hara

*Pfc. S. T. O'Malley

Pvt. W. T. Ehrhard

Pfc. C. R. Underwood

Pvt. T. W. Shelton

Pvt. S. Z. Sanchez

Pvt. Y. Pha

PLATOON 2144 Senior Drill Instructor Staff Sgt. W. D. Brown Staff Sqt. E. Monteiand

Sgt. M. D. Ross Pvt. J. D. Adams Pvt. T. M. Arentz Pvt. A. G. Bushman Pvt. J. Y. Campos Pvt. A. G. Cordova III Pfc. J. M. Crandall Pvt. C. A. Davis Pvt. D. S. Dickenson Pvt. T. D. Goldade Pfc. J. Gutierrez Pvt. J. A. Hayden Pvt. D. J. Heiner Pvt. A. Z. Hernandez Pvt. C. F. Irwin Pvt. M. K. Jabali Pvt. D. J. Johnson Pvt. B. S. Lawrence Pvt. N. A. Marquez Pvt. R. T. Marshall Pvt. A. W. Mastin

Pvt. S. A. May Pvt. R. P. McDonnel Pvt. O. F. Mendoza Pfc. S. H. Nix Pvt. R. Nunez Pfc. R. J. Ojeda Pvt. A. Ortega Pvt. J. G. Ovalle Pfc. B. A. Patterson Pvt. J. M. Payne Pfc. I. A. Piche Pvt. J. M. Pieper Pvt. W. M. Ramirez Pvt. J. M. Ramos Pvt. B. S. Rice Pvt. J. D. Roberts Pvt. E. G. Rodriguez Pvt. D. M. Rose Pvt. J. J. Roveda Pvt. B. Sanchez Jr. Pfc. G. J. Sanchez Pvt S W Sceranka III Pvt. L. C. Schoellkopf

Pfc. W. B. Shaw

Pvt. A. J. Sheffield

Pvt. T. Solanozafra

Pvt. M. P. Stitch

Pfc. D. R. Toliver

Pvt. D. A. Tutt

Pvt. N. D. Valenti

Pvt. M. A. Vargas

Pvt. R. G. Vargas

Pvt. S. M. Villa

Pvt. M. A. Villanueva

Pfc. N. D. Weaver

Pfc. W. R. Welborn

Pfc. C. P. West

Pvt. S. R. Wiley

Pvt. M. J. Wilson *Meritorious promotio

Sgt. Maj. James R. Futrell

PARADE REVIEWING OFFICER

Born in Menola, N.C., Sergeant Major James R. Futrell enlisted in the United States Marine Corps on July 16, 1979. He graduated from Marine Corps Recruit Depot Parris Island, S.C., in November 1979.

From November 1979 to January 1980, Futrell served as a rifleman with 3rd Battalion, 6th Marine Regiment, 2nd Marine Division, Marine Corps Base Camp Lejeune, N.C. From April 1981 to July 1983 he served as a Marine security guard, Marine Barracks, U.S. Naval Base Norfolk, Va., where he was meritoriously promoted to sergeant. While stationed in Virginia, he was a member of the Honor Guard deployed to the Carib-



bean aboard the USS Nashville. From August 1983 to Sep-

tember 1983, Futrell attended Redeye/Stinger Gunner School, U.S. Army Air Defense School, Fort Bliss, Texas. From October 1983 to December 1984, he served as section leader, 2nd Forward Area Air Defense Battery, Marine Corps Air Station Cherry Point, N.C. While deployed, he

participated in operations in the Persian Gulf with Commander, Middle East Forces aboard the USS Whipple, USS Boone, USS Clark and USS LaSalle.

From December 1984 to June 1988, Futrell served as a recruiter at Recruiting Station Raleigh, N.C., Recruiting Sub-Station Burlington, N.C., 6th Marine Corps District. During his tour, he was awarded Station of the Year, the Centurion Award, runner up for Recruiter of the Year and was meritoriously promoted to staff sergeant.

From June 1988 to June 1989, Futrell was the platoon sergeant and platoon commander for Battery B, 1st Low Altitude Air Defense Bn., 1st Marine Air Wing, Okinawa, Japan. From July 1989 to February 1993, he served as battery gunnery sergeant, training chief and operations chief, 2nd LAAD Bn., MCAS Cherry

Point. While stationed at Cherry Point, Futrell was promoted to From August 1990 to April

1991, Futrell deployed with the 4th Marine Expeditionary Brigade to participate in Operations Desert Shield and Desert Storm. From March 1993 to September 1994, he served as a Stinger School instructor, Marine Corps Detachment, Fort Bliss.

In October 1994, Futrell was selected for first sergeant, and he transferred to Delta Company, First Tank Bn., First Marine Division, Marine Corps Air Ground Combat Center Twentynine Palms, Calif. Futrell was promoted to sergeant major, and from May 1997 to July 1999, he served at Recruiting Station Fort Lauderdale, Fla., 6th Marine Corps District. While stationed at RS Fort Lauderdale, the station was awarded the 6th

District Recruiting Station of the Year for 1997 and 1998. From August 1999 to June

2002, he served as sergeant major for Inspector Instructor, 4th Maintenance Bn., 4th Force Service Support Group, Charlotte, N.C., and he served as 4th major from July 2002 to April 2004. Since April 2004, Futrell for Marine Corps Recruiting Command, Quantico, Va.

Futrell's personal awards include the Meritorious Service Medal with two gold stars, the Army Commendation Medal, the Navy and Marine Corps Achievement Medal with a gold star in lieu of second award, the Good Conduct Medal with a silver star and two bronze stars, the Military Outstanding Volunteer Service Medal and the Combat Action Ribbon.

Marine Corps District's sergeant has served as the sergeant major

WINTER WONDER SWEAT

As new year approaches, kickboxing class offers energy, calorie burning

BY PVT. CHARLIE CHAVEZ
Chevron staff

otivating words from a kickboxing instructor encouraged depot Marines to sweat and strain themselves during a class at Phillips Hall Tuesday. Marine Corps Community Services'

Marine Corps Community Services'
Semper Fit program hosts kickboxing classes three times a week – twice on Tuesdays and once on Fridays.

The hour-long class begins with five-minute stretching exercises and rolls into 35 minutes of punches, kicks, combinations and endurance training. The class ends with five minutes of cool-down stretches and a 15-minute abdominal workout.

"The workout is for the entire upper and lower body," said Geri Meyers, instructor. "It is also really good for cardiovascular conditioning.

"The class that takes place Tuesday morning usually gets only about four or five people who want to workout. The evening classes usually have 12-16."

Some of the Marines that participated blamed the lack of advertisement for the low numbers during the early classes.

"The way I found out about this class was when I was walking through the weight room and I saw a group of people punching and kicking," said Sgt. Mario A. Molina, finance clerk. "When I was at Camp Pendleton, kickboxing was a routine workout and it helped me lose 20 pounds."

Meyers, who stands in front of mirrors and leads counts with energetic shouting, may have a fledgling clientèle, but those who train under her enjoy her classes.

"I like the class a lot. It's a great break from running, and the instructor definitely motivates us to excel," said Staff Sgt. Edward C. Bullcalf, administrative law chief.

The next class is Tuesday at 11:30 a.m. at Phillips Hall.



Sgt. Mario A. Molina, finance clerk, right, rolls his shoulders while Staff Sgt. Edward C. Bullcalf throws punches.



(From right) Geri Meyers, instructor, leads Sqt. Mario A. Molina, finance clerk, and Staff Sgt. Edward C. Bullcalf, administrative law chief, through an hourlong kickboxing routine, which **Semper Fit offers** three times a



Kickboxing instructor Geri Myers throws an uppercut while counting and encouraging her class at Phillips Hall Tuesday.